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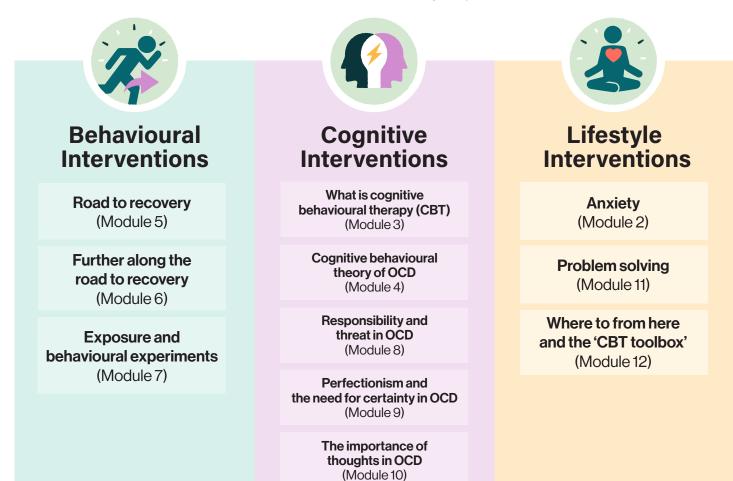
OCD Stop! Online Program

SWINBURNE UNIVERSITY OF TECHNOLOGY

The OCD Stop Program is a free, 12 module, self-paced program based on the gold standard psychological therapy for OCD: Cognitive behavioural therapy (CBT), including exposure and response prevention therapy (ERP). The program is appropriate for anyone experiencing mild to moderate symptoms including obsessions or compulsions (not just those with a diagnosis of OCD), and aims to help clients understand more about these experiences and to learn strategies to better manage them.

There are a few ways clients may benefit from this program:

- Clients can work through the online modules independently. They will be provided with different types of resources including **information**, **videos**, **worksheets**, **audio files** and **homework** tasks.
- You can support the client to complete the worksheets and homework tasks as part of your clinical work.
- Clients can be supported by our **Therapist Assist Program**, which involves 12 weeks of therapist contact via email and optional live sessions (video or live chat). Therapists support clients to work through program content and tailor the information to their needs.
- You can use relevant activities and worksheets with clients in your practice.



Module Content

통 Worksheet



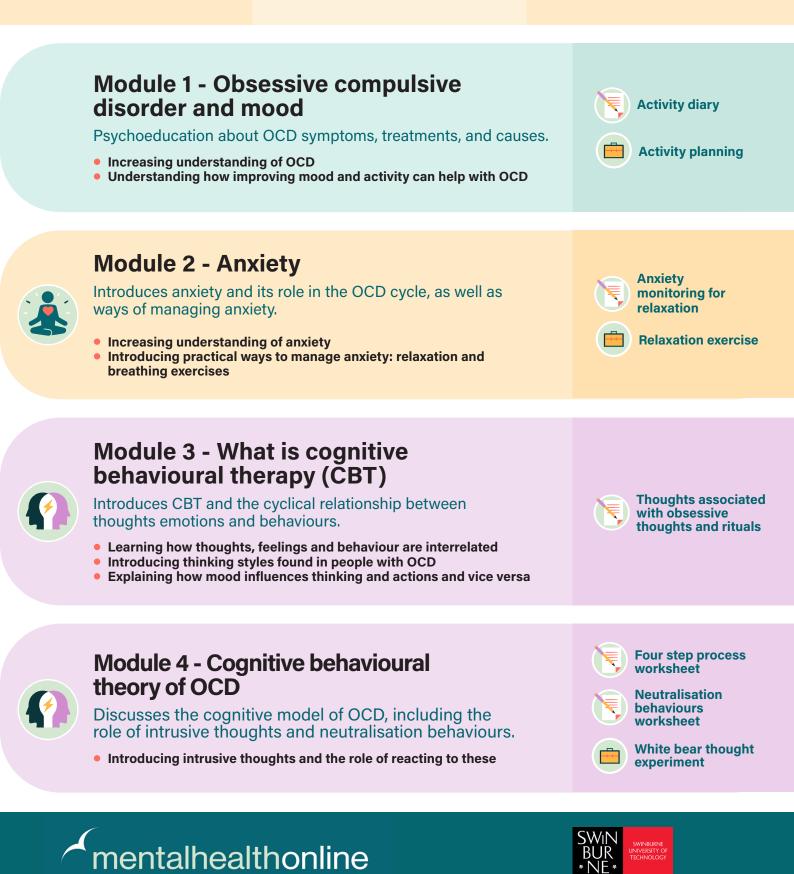
Continue to encourage clients not to become side-tracked by perfectionism or the need for certainty, and to set aside rigid rules.



Some clients don't notice benefits in the early stages of developing an exposure hierarchy - support them by reminding them that persistence and practice is key



Remind clients that suppressing thoughts can have the opposite effect, while other strategies can be effective for managing intrusive thoughts.



Module Content

Modules 5 & 6 - Road to recovery



- Introduces the importance of exposure and response prevention in breaking the cycle of OCD.
- Understanding the principles of exposure exercises
- Understanding response prevention
- Learning the rationale for exposure
- Developing an exposure hierarchy



Module 7 - Exposure and behavioural experiments



Further explores exposure, as well as avoidance and reassurance seeking in OCD.

- Continuing exposure practice
- Learning ways to manage compulsions
- Recognising beliefs that underlie their thoughts and fears
- Learning alternative ways of interpreting thoughts



Strategies for managing compulsions

Identifying	the
meaning o	f
intrusions	

Module 8 - Responsibility and threat in OCD



Explores the role of beliefs in OCD, in particular those relating to responsibility and threat.

- Reviewing cognitive model of OCD
- Understanding the role of beliefs in maintaining obsessions
- Testing beliefs underlying thoughts and fears; specifically, beliefs about personal responsibility and the likelihood of threat
- Challenging threat worksheet Pie chart of responsibility Prosecute the case for responsibility

Module 9 - Perfectionism and the need for certainty in OCD

Introduces perfectionistic beliefs such as the need for certainty and control as well as challenging these beliefs.

- Understanding the negative impact of perfectionism on OCD
- Learning how to challenge perfectionism beliefs
- Learning to cope with uncertainty



perfectionism worksheet

Coping with uncertainty worksheet

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Module Content

Module 10 - The importance of thoughts in OCD

Explores the role of thoughts and the meaning we attribute to these in maintaining OCD.

- Continuing with exposure practice
- Understanding beliefs about the importance of intrusive thoughts
- Understanding how trying to control thoughts can worsen obsessions
- Developing an exposure hierarchy



Module 11 - Problem solving

Explores differences between worries and obsessions and the importance of problem solving.

- Learning to distinguish obsessions from worries
- Learning problem solving techniques



Module 12 - Where to from here and the 'CBT toolbox'

Summarises skills and strategies, as well as how to maintain improvements.

OCD Toolbox

- Learning how to maintain the gains you've made from OCD Stop
- Identifying how to response if symptoms return



